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PREVENTIVE MEDICINE
AND BIOMETRICS
HEALTH SERVICES ADMINISTRATION

Please use the enclosed envelope and
mail the completed survey to:
National Research Corporation
Survey Processing Center
PO BOX 82660
Lincoln, NE 68501-2660

Privacy Notice

According to the Privacy Act of 1974 (Public Law 93-579), the Department of Defense is required to inform you of the purposes and use of this survey. Please read it carefully.

Authority: 10 U.S.C., Chapter 55, Section 572, Public Law 102-484, E.O. 9397.

Purpose: This survey helps health policy makers gauge beneficiary satisfaction with the current military healthcare system and provides valuable input from beneficiaries that will be used to improve the military health system.

Routine Uses: None.

Disclosure: Voluntary. Failure to respond will not result in any penalty to the respondent. However, maximum participation is encouraged so that data will be as complete and representative as possible.

Please fill in the bubble to the left of your answer. When you have completed the survey, please return it in the postage paid envelope that has been provided for you. If your envelope is missing, please send the survey back to National Research Corporation, Survey Processing Center, PO BOX 82660, Lincoln, NE 68501-2660.

1. **Would you say that in general your health is:**
☐ Excellent ☐ Very Good ☐ Good ☐ Fair ☐ Poor
2. **Would you say that in general your physical fitness is:**
☐ Excellent ☐ Very Good ☐ Good ☐ Fair ☐ Poor
3. **Have you ever smoked a cigar, even just a few puffs? (Cigar=large cigar, cigarillo, or small cigar)**
☐ Yes ☐ No (Go to #6)
4. **When was the last time you smoked a cigar?**
☐ Within the past month (0 months to 1 month ago)
☐ Within the past 3 months (More than 1 month to 3 months ago) (Go to #6)
☐ Within the past 6 months (More than 3 months to 6 months ago) (Go to #6)
☐ Within the past year (More than 6 months to 12 months ago) (Go to #6)
☐ Within the past 5 years (More than 1 year to 5 years ago) (Go to #6)
☐ Within the past 15 years (More than 5 to 15 years ago) (Go to #6)
☐ 15 or more years ago (Go to #6)
5. **In the past month, did you smoke cigars everyday, several times per week, once per week, or less than once per week?**
☐ Everyday ☐ Several times per week ☐ Once per week ☐ Less than once per week
6. **Have you ever smoked a tobacco pipe?**
☐ Yes ☐ No (Go to #8)
7. **Do you now smoke a tobacco pipe every day, some days or not at all?**
☐ Every Day ☐ Some Days ☐ Not at all



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8. Have you ever used chewing tobacco such as Redmann, Levi Garrett or Beechnut?
☐ Yes ☐ No (Go to #10)
9. Do you now use chewing tobacco every day, some days, or not at all?
☐ Every Day ☐ Some Days ☐ Not at all
10. Have you ever used snuff, such as Skoal, Skoal Bandits, or Copenhagen?
☐ Yes ☐ No (Go to #12)
11. Do you now use snuff every day, some days, or not at all?
☐ Every Day ☐ Some Days ☐ Not at all
12. Have you smoked at least 100 cigarettes in your entire life? (5 packs=100 Cigarettes)
☐ Yes ☐ No (Go to #15)
13. Have you ever smoked daily for six months or more?
☐ Yes ☐ No
14. Do you now smoke cigarettes every day, some days or not at all?
☐ Every day (Go to #20) ☐ Some days (Go to #17) ☐ Not at all
15. About how long has it been since you last smoked cigarettes regularly?
☐ Less than 1 day ☐ 1 month, but less than 6 months ☐ 5 years or more
☐ 1 day, but less than 7 days ☐ 6 months, but less than 1 year ☐ Never smoked regularly (Go to #46)
☐ 7 days, but less than 1 month ☐ 1 year, but less than 5 years
16. Do you think that there is any possible situation in which you might start smoking again?
☐ Yes ☐ No
17. Did you smoke any cigarettes during the past 30 days?
☐ Yes ☐ No (Go to #22)
18. On how many of the past 30 days did you smoke cigarettes?
☐ Less than 1 day ☐ 10 days, but less than 15 days ☐ 25 days, but less than 30 days
☐ 1 day, but less than 5 days ☐ 15 days, but less than 20 days
☐ 5 days, but less than 10 days ☐ 20 days, but less than 25 days
19. During the past 30 days, on the days that you did smoke, about how many cigarettes did you usually smoke per day? (1 pack=20 Cigarettes)
☐ _____ (Number of cigarettes) (Go to #21)
20. On the average, about how many cigarettes a day do you now smoke? (1 Pack=20 Cigarettes)
☐ _____ (Number of cigarettes)
21. How soon after you awake in the morning do you usually smoke your first cigarette?
☐ Less than 15 minutes ☐ 30 minutes, but less than 1 hour ☐ 3 hours, but less than 5 hours
☐ 15 minutes, but less than 30 minutes ☐ 1 hour, but less than 3 hours ☐ 5 hours or more
22. About how old were you when you smoked your first whole cigarette?
☐ 12 or younger ☐ 14-15 ☐ 18-20 ☐ 26-34 ☐ 45-54 ☐ 65 or older
☐ 13 ☐ 16-17 ☐ 21-25 ☐ 35-44 ☐ 55-64
23. About how old were you when you first started smoking cigarettes fairly regularly?
☐ 12 or younger ☐ 14-15 ☐ 18-20 ☐ 26-34 ☐ 45-54 ☐ 65 or older
☐ 13 ☐ 16-17 ☐ 21-25 ☐ 35-44 ☐ 55-64
24. In what situation did you first start smoking cigarettes? (Mark only one)
☐ A stressful situation ☐ While driving
☐ A death or tragedy ☐ For enjoyment
☐ Where alcohol was served ☐ Deployment
☐ Because of marital problems ☐ A move or relocation due to a Permanent Change of Station
☐ In a social situation ☐ To lose weight
☐ The aroma of cigarette smoke ☐ Other (please specify) _____
25. During the past 12 months, have you stopped smoking for 1 day or longer because you were trying to quit smoking?
☐ Yes ☐ No (Go to #27)
26. In your whole life, have you ever made a serious attempt to quit smoking?
☐ Yes ☐ No (Go to #33)



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27. During the last attempt you made to quit smoking, how long did you go without smoking a cigarette?

- ☐ Less than 1 day ☐ 1 month, but less than 6 months ☐ 5 years or more
☐ 1 day, but less than 7 days ☐ 6 months, but less than 1 year
☐ 7 days, but less than 1 month ☐ 1 year, but less than 5 years

28. Did you use medication such as patches, gum or nasal spray to help you in this quit attempt?

- ☐ Yes ☐ No

29. Did you use counseling advice in this quit attempt?

- ☐ Yes ☐ No

30. Did you use any self-help materials in this quit attempt?

- ☐ Yes ☐ No

31. In what situation did you return to smoking? (Mark only one)

- ☐ A stressful situation ☐ While driving
☐ A death or tragedy ☐ For enjoyment
☐ Where alcohol was served ☐ Deployment
☐ Because of marital problems ☐ A move or relocation due to a Permanent Change of Station
☐ In a social situation ☐ To lose weight
☐ The aroma of cigarette smoke ☐ Other (please specify) _____
☐ Because you were irritable due to smoking withdrawal

32. How long have you been smoking since your last quit attempt?

- ☐ Less than 1 day ☐ 1 month, but less than 6 months ☐ 5 years or more
☐ 1 day, but less than 7 days ☐ 6 months, but less than 1 year ☐ Never smoked again after last quit attempt
☐ 7 days, but less than 1 month ☐ 1 year, but less than 5 years

33. Since you started smoking regularly, what is the longest time you have ever gone without smoking a cigarette?

- ☐ Less than 1 day ☐ 1 month, but less than 6 months ☐ 5 years or more
☐ 1 day, but less than 7 days ☐ 6 months, but less than 1 year ☐ Never smoked regularly (Go to #46)
☐ 7 days, but less than 1 month ☐ 1 year, but less than 5 years

34. Would you like to stop smoking?

- ☐ Yes ☐ No

35. Are you planning to quit smoking in the next 30 days?

- ☐ Yes (Go to #37) ☐ No

36. Are you contemplating quitting smoking in the next six months?

- ☐ Yes ☐ No

37. Are you worried about how much money you spend on cigarettes?

- ☐ Yes ☐ No ☐ Never purchased cigarettes (Go to #46)

38. Do you usually buy your cigarettes in California, out of state, or over the Internet?

- ☐ California ☐ Out of state (Go to #40) ☐ Over the Internet (Go to #40)

39. Where do you usually buy your cigarettes?

- ☐ In military commissaries ☐ At tobacco discount stores
☐ In military exchanges ☐ At other discount stores such as Wal-Mart
☐ At convenience stores or gas stations ☐ On Indian reservations
☐ At supermarkets ☐ Other (please specify) _____
☐ At liquor stores or drug stores

40. What brand do you usually smoke?

- ☐ Benson and Hedges ☐ Kent ☐ More ☐ Vantage
☐ Camel ☐ Kool ☐ Newport ☐ Virginia Slims
☐ Carlton ☐ Marlboro ☐ Pall Mall ☐ Winston
☐ Generic ☐ Merit ☐ Salem ☐ Other (please specify) _____

41. How long has it been since you changed the brand of cigarettes that you usually smoke?

- ☐ Less than 1 day ☐ 1 month, but less than 6 months ☐ 5 years or more
☐ 1 day, but less than 7 days ☐ 6 months, but less than 1 year ☐ Never
☐ 7 days, but less than 1 month ☐ 1 year, but less than 5 years



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42. How much do you usually pay for a pack of cigarettes?

- ☐ ___ Enter response ☐ Don't Know ☐ Never buy cigarettes by the pack

43. How much do you usually pay for a carton of cigarettes? (1 Carton= 10 packs)

- ☐ ___ Enter response ☐ Don't Know ☐ Never buy cigarettes by the carton

44. Do you think you will smoke a cigarette in the next year?

- ☐ Definitely Yes ☐ Probably Yes ☐ Probably Not ☐ Definitely Not

45. The last time you purchased cigarettes, did you take advantage of coupons, rebates, buy 1 get 1 free, 2 for 1, or any other special promotion?

- ☐ Yes ☐ No

46. Are you Spanish/Hispanic/Latino? Mark "No" if not Spanish/Hispanic/Latino.

- ☐ No, not Spanish/Hispanic/Latino
☐ Yes, Mexican, Mexican-American, Chicano, Puerto Rican, Cuban, or other Spanish/Hispanic/Latino

47. What is your race? Mark one or more races to indicate what you consider yourself to be.

- ☐ White ☐ Asian (e.g., Asian Indian, Chinese, Filipino, Japanese, Korean, Vietnamese)
☐ Black or African American ☐ Native Hawaiian or other Pacific Islander (e.g., Samoan, Guamanian, or Chamorro)
☐ American Indian or Alaska Native

48. Are you: Married, Divorced, Widowed, Separated, Never married, or a member of an unmarried couple?

- ☐ Married ☐ Widowed ☐ Never married
☐ Divorced ☐ Separated ☐ A member of an unmarried couple

49. What is the highest grade or year of school you completed?

- ☐ Eighth grade or less ☐ Technical School Graduate
☐ Some high school (grades 9-11) ☐ Some College
☐ Grade 12 or GED certificate (high school graduate) ☐ College Graduate
☐ Some technical school ☐ Post graduate or professional degree

50. What is your military rank?

- ☐ E1 ☐ E3 ☐ E5 ☐ E7 ☐ E9 ☐ O2 ☐ O4 ☐ O6 and above
☐ E2 ☐ E4 ☐ E6 ☐ E8 ☐ O1 ☐ O3 ☐ O5

51. Which of the following categories best describes your annual household income from all sources?

- ☐ Less than \$10,000 ☐ \$20,000 to less than \$25,000 ☐ \$50,000 to less than \$75,000
☐ \$10,000 to less than \$15,000 ☐ \$25,000 to less than \$35,000 ☐ \$75,000 to \$100,000
☐ \$15,000 to less than \$20,000 ☐ \$35,000 to less than \$50,000 ☐ Over \$100,000

52. At any point were you deployed in support of Operation Iraqi Freedom?

- ☐ Yes ☐ No

53. In the last three years, what is the total number of months you have been deployed?

- ☐ 0 months ☐ 7 - 12 months ☐ 19 - 24 months ☐ 31 - 36 months
☐ 1 - 6 months ☐ 13 - 18 months ☐ 25 - 30 months

54. Are you Male or Female?

- ☐ Male (Go to #56) ☐ Female

55. To your knowledge, are you now pregnant?

- ☐ Yes ☐ No

If you DO NOT currently smoke, go to Question 62; otherwise, go to Question 56.

56. Did you see your doctor in the past 12 months?

- ☐ Yes ☐ No (Go to #62)

57. In the last 12 months, did your doctor advise you to stop smoking?

- ☐ Yes ☐ No (Go to #62)

58. In the last 12 months, did your doctor suggest that you set a specific date to quit smoking?

- ☐ Yes ☐ No

59. In the last 12 months, did your doctor prescribe anything to help you to quit smoking?

- ☐ Yes ☐ No

60. In the last 12 months, did your doctor suggest that you receive any other assistance in quitting?

- ☐ Yes ☐ No



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61. Did you try to quit when your doctor advised you to stop smoking?
☐ Yes ☐ No
62. Did you see a nurse or other health professional in the past 12 months?
☐ Yes ☐ No (Go to #65)
63. In the last 12 months, did a nurse or other health professional advise you to stop smoking?
☐ Yes ☐ No (Go to #65)
64. Did you try to quit when a nurse or other health professional advised you to stop smoking?
☐ Yes ☐ No
65. In the last 12 months, did a unit commander or other military leadership advise you to stop smoking?
☐ Yes ☐ No (Go to #67)
66. Did you try to quit when a unit commander or other military leadership advised you to stop smoking?
☐ Yes ☐ No
67. Is the building where you work completely smoke free indoors?
☐ Yes (Go to #69a) ☐ No
68. For each of the following indoor areas at your workplace, please indicate whether smoking is allowed.
- a. Indoor work areas
☐ Allowed ☐ Not Allowed
 - b. Special smoking room or lounge
☐ Allowed ☐ Not Allowed ☐ Not Applicable
 - c. Break room or cafeteria
☐ Allowed ☐ Not Allowed
 - d. Hallways or lobby
☐ Allowed ☐ Not Allowed
69. For each of the following outdoor areas at your workplace, please indicate whether smoking is allowed.
- a. Outside the building close to entrances
☐ Allowed ☐ Not Allowed
 - b. Outside the building in a special area on the property
☐ Allowed ☐ Not Allowed
70. Is there an official policy that restricts smoking in any way at your work site?
☐ Yes ☐ No
71. During the past two weeks has anyone smoked in the area in which you work?
☐ Yes ☐ No
72. Do ANY of your friends who smoke ever say that they should quit smoking?
☐ Yes ☐ No ☐ None of my friends smoke
73. Does anyone else living in the household smoke cigarettes now?
☐ Yes ☐ No (Go to #75)
74. How many other household members currently smoke?
☐ One ☐ Two ☐ Three ☐ Four ☐ Five or more
75. What are the smoking rules or restrictions in your household, if any?
☐ Smoking is completely prohibited ☐ There are no restrictions on smoking
☐ Smoking is generally prohibited with few exceptions ☐ Other (specify) _____
☐ Smoking is allowed in some rooms only
76. Does anyone ever smoke inside your home?
☐ Yes ☐ No
77. Are you often exposed to other people's tobacco smoke at any other place besides your home and your workplace?
☐ Yes ☐ No
78. Have you been to a bar, tavern or nightclub including those that are attached to a restaurant, hotel or card club, in California during the past 12 months?
☐ Yes ☐ No (Go to #80)



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79. The last time you went to a bar, tavern or nightclub including those that are attached to a restaurant, hotel or card club, in California, was it smoke free?
☐ Yes ☐ No
80. California has a law prohibiting smoking in bars, taverns and nightclubs including those that are attached to a restaurant, hotel or card club. Do you approve of this law?
☐ Yes ☐ No
81. Have you been to a hookah bar in California during the past 12 months?
☐ Yes ☐ No
82. Think back to the cigarette advertisements you have recently seen in magazines. What brand of cigarettes was advertised the most?
☐ Benson and Hedges ☐ Marlboro ☐ Vantage
☐ Camel ☐ Merit ☐ Virginia Slims
☐ Carlton ☐ More ☐ Winston
☐ generic ☐ Newport ☐ Other (specify) _____
☐ Kent ☐ Pall Mal ☐ None (Go to # 84)
☐ Kool ☐ Salem
83. Of all the cigarette advertisements you have seen, what is the name of the cigarette brand featured in the advertisement that attracts your attention the most?
☐ Benson and Hedges ☐ Kool ☐ Pall Mal ☐ Other (please specify) _____
☐ Camel ☐ Marlboro ☐ Salem ☐ None
☐ Carlton ☐ Merit ☐ Vantage
☐ generic ☐ More ☐ Virginia Slims
☐ Kent ☐ Newport ☐ Winston
84. In the past 12 months have you received a free sample of cigarettes or other tobacco products?
☐ Yes ☐ No
85. Some tobacco companies offer promotional items, such as clothing and bags, which have the company brand name or logo on them and which the public can buy or receive for free. In the past 12 months have you...
a. ...exchanged coupons for an item with a tobacco brand name or logo on it?
☐ Yes ☐ No
b. ...received for free, any gift or item with a tobacco brand name or logo on it?
☐ Yes ☐ No
c. ...purchased any item with a tobacco brand name or logo on it?
☐ Yes ☐ No
86. How annoying do you find other people's smoking?
☐ Not annoying at all ☐ Moderately annoying ☐ Extremely annoying
☐ A little annoying ☐ Very annoying
87. In the past 12 months have you ever asked someone not to smoke?
☐ Yes ☐ No (Go to #90)
88. On the most recent occasion you asked someone not to smoke, who was that person?
☐ Spouse or partner ☐ Child ☐ Friend ☐ Other known person
☐ Parent ☐ Other relative ☐ Co-worker ☐ Stranger
89. On that same occasion, what was the primary reason you asked that person not to smoke?
☐ Smoke was annoying to you
☐ Concerned about long-term health effects of secondhand smoke
☐ Smoking was illegal
☐ Concerned about the smokers health
☐ Concerned about your own health
☐ Other (specify) _____
90. About how many times in the past 12 months has anyone asked you not to smoke when you were smoking or were about to smoke?
☐ Never ☐ Once or twice ☐ Several times ☐ Many times ☐ Have not smoked in past 12 months
91. Did you see or hear any anti-tobacco messages during basic training?
☐ Yes ☐ No ☐ Not sure



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92. Have you seen or heard any anti-tobacco messages at your current command?

☐ Yes ☐ No (Go to #94) ☐ Not sure (Go to #94)

93. Where have you seen or heard anti-tobacco messages at your current command? (Mark all that apply)

☐ Medical Treatment Facility ☐ General Unit Training ☐ Peers
☐ Health and Wellness Classes ☐ Supervisor ☐ Other (specify) _____

94. Within the last 30 days, have you seen or heard any anti-tobacco messages?

☐ Yes ☐ No (Go to #96)

95. Did you see or hear any anti-tobacco message on:

a. TV

☐ Yes ☐ No ☐ Not sure

b. RADIO

☐ Yes ☐ No ☐ Not sure

c. BILLBOARD

☐ Yes ☐ No ☐ Not sure

d. NEWSPAPER

☐ Yes ☐ No ☐ Not sure

e. OTHER

☐ Yes (specify) _____ ☐ No

96. How much additional tax on a pack of cigarettes would you be willing to support if all the money raised was used to fund programs aimed at preventing smoking among children, and other health care programs? What is the highest tax you are willing to support?

☐ \$ 25 a pack ☐ \$.75 a pack ☐ \$ 1.50 a pack ☐ \$ 3.00 a pack ☐ Other (specify) _____
☐ \$.50 a pack ☐ \$ 1.00 a pack ☐ \$ 2.00 a pack ☐ No tax increase

If you DO NOT currently smoke, go to Question 101; otherwise, go to Question 97.

Do you agree or disagree with the following?

97. I rarely smoke when I am the only smoker in the group.

☐ Agree ☐ Disagree

98. Tobacco use has a negative affect on my physical fitness.

☐ Agree ☐ Disagree

99. Tobacco use has a negative affect on my job performance.

☐ Agree ☐ Disagree

100. Smoking cigarettes has a negative affect on my military readiness.

☐ Agree ☐ Disagree

101. Inhaling smoke from someone else's cigarette causes lung cancer in a nonsmoker.

☐ Agree ☐ Disagree

102. Inhaling smoke from someone else's cigarette harms the health of babies and children.

☐ Agree ☐ Disagree

103. If a women smokes when pregnant, it will harm the health of her baby.

☐ Agree ☐ Disagree

104. I prefer to eat in restaurants that are smoke free.

☐ Agree ☐ Disagree

105. Tobacco advertising encourages young people to start smoking.

☐ Agree ☐ Disagree

106. Tobacco companies can lower the nicotine content of tobacco products.

☐ Agree ☐ Disagree

107. Tobacco is NOT as addictive as other drugs such as heroin or cocaine.

☐ Agree ☐ Disagree

108. All indoor worksites, including restaurants and cafeterias, should be smoke free.

☐ Agree ☐ Disagree

109. Local communities should strongly enforce laws that prevent people from selling cigarettes to minors.

☐ Agree ☐ Disagree



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110. **Minors caught buying cigarettes should be fined.**
☐ Agree ☐ Disagree
111. **Store owners should need a license to sell cigarettes (just like alcoholic beverages).**
☐ Agree ☐ Disagree
112. **Cigarette vending machines should be totally prohibited.**
☐ Agree ☐ Disagree
113. **The ban on cigarette advertising should be extended to all print and electronic media.**
☐ Agree ☐ Disagree
114. **Advertising tobacco products at sports and athletic events should be banned.**
☐ Agree ☐ Disagree
115. **The tobacco industry should be forced to put stronger warnings on all their potentially harmful products.**
☐ Agree ☐ Disagree
116. **Tobacco products should be treated like other foods and drugs, with each package having full disclosure of potentially harmful contents.**
☐ Agree ☐ Disagree
117. **Tobacco products should be regulated as a drug by a government agency such as the Food and Drug Administration.**
☐ Agree ☐ Disagree
118. **The tobacco industry should not be permitted to offer products such as clothing or camping equipment in exchange for coupons on cigarette packs.**
☐ Agree ☐ Disagree
119. **The distribution of free tobacco samples or coupons to obtain free samples by mail, should not be permitted.**
☐ Agree ☐ Disagree
120. **In the next century, the production and sale of cigarettes should not be a legitimate business in the United States.**
☐ Agree ☐ Disagree
121. **The tobacco spokespersons mislead the public when they say tobacco is not addictive.**
☐ Agree ☐ Disagree
122. **If a person smokes only 5 cigarettes per day, their chances of getting cancer from smoking are about the same as someone who never smokes.**
☐ Agree ☐ Disagree
123. **Nicotine is a cause of cancer.**
☐ Agree ☐ Disagree
124. **The government exaggerates the risks of smoking.**
☐ Agree ☐ Disagree
125. **Do you think your risk of lung cancer is higher, lower, or about the same as other men or women your age?**
☐ Higher ☐ About the same ☐ Lower

Thank you for taking the time to complete this questionnaire. Your answers are greatly appreciated.

Return your survey in the postage-paid envelope. If the envelope is missing, please send to: National Research Corporation, Survey Processing Center, PO BOX 82660, Lincoln, NE 68501-2660.



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